

Friday



Chance of thunderstorms  
Lo: 40°F  
Hi: 56°F

Saturday



Chance of thunderstorms  
Lo: 43°F  
Hi: 56°F

Sunday



Chance of rain  
Lo: 40°F  
Hi: 53°F

Housing fire prompts candle guidelines  
See Page 7



CMSAF completes new fitness test



See Page 4B



# Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 2

www.sheppardsenator.com

January 16, 2004

## 882nd hosts ADAF training unique to base

**By Mr. John Ingle**  
*Editor*

On 53 acres tucked inside a fence near Sheppard's runway sits the beginning of the most sophisticated medical units in the world.

It's part of the 882nd Training Group's Medical Readiness Training Flight and the place where Air Force reservists receive training for the expeditionary medical support facilities that currently provide care across the world.

Although training at Sheppard isn't unusual, the most recent group to go through EMEDS training is unusual - it was the first active duty group to complete the EMEDS course at Sheppard.

Maj. Terry Broussard, commander of the medical readiness flight, said personnel who "deployed" to the EMEDS training currently have a unit type code at their home base and are up for deployment in March.

The Air Force has had medical readiness training for many years. But when the Air Force changed the make-up and mobility of air transportable hospitals, Major Broussard said a new type of training was needed.

"In the old days, we deployed air transportable hospitals that were very large and incremental," he said, sometimes causing a delay in the set up of field hospitals.

Now, small teams can deploy from the onset and provide early emergency care. Major Broussard said more pieces to the EMEDS puzzle would be put together until a complete six tent, 3,900 square feet working space was built.

The EMEDS Plus 10, a field hospital configuration, is made up of 56 personnel, a 10-bed capability (seven ward and three critical care beds) and 15 pallets of supplies and equipment are shipped out and set up in the desert sands of a geographically isolated location.

The set up also includes a laboratory, digital x-ray, dental suites, an operating room, pharmacy, emergency room, biotials, medical and public health suites.

"This is how the Air Force Medical Services goes to war and supports the ongoing operations," Major Broussard said.

Col. Kim Siniscalchi, commander of the 882nd TRG, said the medical readiness training



Members merge the two components of field medical care, air and ground, when loading a patient on a C-130 Hercules during Expeditionary Medical Support Training Jan. 8.

### On the Inside

#### Hero memorial unveiled

The secretary of the Air Force unveiled a memorial at Arlington National Cemetery on Jan. 8 to honor the service's highest-decorated combat controller.

Tech. Sgt. John A. Chapman, from the 24th Special Tactics Squadron, was killed March 4, 2002, while fighting against the Taliban during Operation Anaconda in Afghanistan. He was posthumously decorated with the nation's second-highest award for valor, the Air Force Cross.

**For full story, see page 2.**

#### Illegal plant?

A hallucinogenic plant, lawful to possess and use, is being reviewed as a controlled substance that could land airmen in legal hot water.

The plant, *Salvia divinorum*, is a perennial herb related to sage and a botanical cousin to an ornamental favored by gardeners.

**For full story, see page 3.**

#### Airfield management

Aircraft come, and aircraft go. Whether it is for training or a real-world mission, it is an everyday part of Air Force life.

Without certain people to accomplish certain missions, the aircraft will not come, and the aircraft will not go. Maintainers, air traffic controllers, flight engineers, pilots; everyone plays a role to ensure mission accomplishment.

One piece to the puzzle of mission accomplishment is airfield management.

**For full story, see page 5.**

### Index

Activities .....	8A
News.....	2-4A
Features.....	5-6A
Editorial .....	7A
Sports.....	1-4B
Spotlight.....	6A
Soundoff .....	6A

### Renovated theater now open for shows

**By Airman 1st Class Jacques Lickteig**  
*Base public communication*

The Sheppard Theater held its grand re-opening with a showing of "The Last Samurai" Thursday evening after two months of renovations.

Johnson Controls Inc. started refurbishment on the theater Nov. 3 and finished Jan. 4.

"The only thing that wasn't renovated was the lobby floor," Skip Turner, theater building overseer, said.

About \$625,000 went into projects to improve the quality and style of the theater.

The foyer features new movie poster display casings. The walls sport a new paint job, which mimics a sunny day's sky.

Red and white decorative hangings add to a futuristic-1950s motif and the patriotic red, white and blue theme.

The new snack bar showcases a new popcorn maker, popcorn warmer, candy display case, lowered ceiling and new counters.

The inside of the theater boasts 801 new seats that tilt back and have cup holders and more cushioning.



Plush theater seats with cupholders and new "coming soon" signs are just a few of the upgrades made to the base theater. It took two months and about \$625,000 to complete the renovations. The theater officially reopened with a grand opening Thursday night.



Photos by Airman 1st Class Jacques Lickteig

The ceiling has new, red acoustic enhancing panels, and the walls have blue two-toned acoustics to better the sound quality, Red Whitmore, project manager for the 82nd Civil Engineer Squadron Saber section, said.

Mr. Turner said the speakers in the theater were positioned for optimum surround sound.

The theater is also better

equipped for commander's calls with an upgraded public address system that includes a new amplifier, four new speakers and a remote microphone.

Mr. Whitmore said the contractors painted the walls with a Duroplex treatment to make them look more pleasing.

New runner lights and modernistic wall lights adorn the revamped theater.

The renovation also includ-

ed new carpeting for the theater aisles.

Improvements in accommodations affected the restrooms as well.

Every fixture in the restroom is new, Mr. Whitmore said.

The men's and women's restrooms now have four stalls each, which will greatly reduce the wait time patrons encountered when the rest-

rooms only had two stalls, Mr. Turner said.

The workers painted the ceilings, installed new counters, wall tiles and blue and white floor tiles. The floor tiles were imported from Germany.

On top of all these renovations, more are on the way. The theater is scheduled to get new curtains by the end of February.

## Veterans to get priority access in VA clinics

**By Army Sgt. 1st Class Doug Sample**  
*American Forces Press Service*

WASHINGTON (AFPN) — Veterans Affairs officials want to send veterans with service-connected medical problems to the front of the line when it comes to receiving medical treatment at VA facilities.

Anthony J. Principi, VA secretary, issued a new directive to all VA medical facilities requiring that "priority access" be given to qualifying veterans seeking appointments for treatment.

The directive covers hospitalization and outpatient care, and does not apply to veterans seeking care for

medical problems not related to a service-connected disability.

Priority access means that when qualifying veterans come to a VA treatment facility for inpatient or outpatient care, they will receive an appointment within 30 days, Mr. Principi said.

"It's really as simple as that," he said.

Veterans seeking treatment need only let the administrative clerk or nurse know of their service-connected disability status, Mr. Principi said.

If a VA facility is unable to schedule an appointment within the 30-day time limit, an appointment must be

**See VETERANS, Page 4**

## AETC team to provide special duty assignment briefing

Sheppard personnel considering a special duty tour can learn what types of tours are available during a special briefing Jan. 27.

Members of the Air Education and Training Command Special Duty Briefing Team will hold the meeting in the conference room of Bldg. 1025.

There are few jobs in the Air Force more challenging, satisfying, and rewarding as a special duty assignment. Careers airmen could consider for special duty include recruiter, military training instructor and military training leader.

"If you're a senior airman through

master sergeant with less than 17 years total active service, the AETC Special Duty Briefing Team may have the answer to your Air Force future," said Master Sgt. Charles Brown, chief of the recruiting screening team. "Recruiters are responsible for the number and quality of young men and women who enlist and begin their Air Force careers. Only the best need apply."

In addition to volunteers, recruiting officials encourage those people who were identified by the Air Force Personnel Center and who were leader.

**See SPECIAL, Page 4**



Roche unveils hero memorial

By Master Sgt. Scott Elliott  
Air Force Print News

WASHINGTON -The secretary of the Air Force unveiled a memorial at Arlington National Cemetery on Jan. 8 to honor the service's highest-decorated combat controller.

Tech. Sgt. John A. Chapman, from the 24th Special Tactics Squadron, was killed March 4, 2002, while fighting against the Taliban during Operation Anaconda in Afghanistan. He was posthumously decorated with the nation's second-highest award for valor, the Air Force Cross.

The memorial, a glass-enclosed life-size model of a combat controller in full combat gear, features Sergeant Chapman's award citation and photos of him on duty in Afghanistan.

It will remain on display in the cemetery's visitor center until March 15, after which it will move to Air Force Special Operations Command headquarters at Hurlburt Field, Fla.,

for two weeks. The display then will travel to the Air Force Enlisted Heritage Museum at the Gunter Annex of Maxwell Air Force Base, Ala., where it will be permanently displayed beginning March 31.

A duplicate memorial will be on permanent display at Lackland AFB, Texas.

"This display exemplifies all we value in the Air Force," Air Force Secretary Dr. James G. Roche told Sergeant Chapman's relatives and representatives of the combat control career field. "John's personal bravery in the face of the enemy was emblematic of the warrior ethos."

According to his award citation, Sergeant Chapman was attached to a Navy SEAL team when their helicopter was hit by enemy machinegun fire. A rocket-propelled grenade then hit the helicopter, causing a SEAL team member to fall from the aircraft into enemy-held territory.

Sergeant Chapman called in an AC-130 gunship to protect the stranded team after the heli-

copter made an emergency landing more than four miles from the fallen SEAL.

After calling in another helicopter to evacuate his stranded team, Sergeant Chapman volunteered to rescue his missing team member from the enemy stronghold. He engaged and killed two of the enemy before advancing and engaging a second enemy position - a dug-in machinegun nest.

From close range, the citation reads, Sergeant Chapman exchanged fire with the enemy from minimum personal cover until he succumbed to multiple wounds. His engagement and destruction of the first enemy position, and advancement on the second enemy position, enabled his team to move to cover and break enemy contact.

The Navy SEAL leader praised Sergeant Chapman unequivocally with saving the lives of the entire team.

"It takes a particular breed of warrior to accomplish these missions," said Senior Master Sgt. James Lyons, commandant

of the Air Force Combat Control School. "(It takes) an exceptional brand of courage, as well as confidence and patriotism, not mention just a little bit of daring."

The memorial's unveiling comes nearly a year to the day after Secretary Roche and Air Force Chief of Staff Gen. John P. Jumper presented the Air Force Cross to Sergeant Chapman's widow, Valerie.

"John died fighting terrorism, and we continue to live free today because of his sacrifice and the sacrifices of others," the secretary said.

Sergeant Chapman's aunt and uncle, Sallie and Dale Chapman, helped Secretary Roche unveil the memorial, pulling off the olive drab parachute that had covered it.

"It's wonderful; what a tribute," Sallie Chapman said, her voice breaking with emotion. "My favorite part is the photo of him holding the (Afghan) child. I think they captured, in just this small display, every part of him."



Photo by Master Sgt. Jim Varhegyi

Air Force Secretary Dr. James G. Roche unveiled the memorial above at Arlington National Cemetery on Jan.8 to honor Tech. Sgt. John A. Chapman who was killed March 4, 2002, while fighting against the Taliban during Operation Anaconda in Afghanistan. He was posthumously decorated with the nation's second-highest award for valor, the Air Force Cross.

Medical team aids accident victims

By Staff Sgt. Chris Stagner  
332nd Air Expeditionary Wing  
Public Affairs

TALLIL AIR BASE, Iraq (AFPN) - Two Iraqis and one Pakistani, all seriously injured, were transported to the 332nd Expeditionary Medical Group here Jan. 9 after an automobile accident left two dead and more injured outside Camp Cedar, Iraq.

"It was a great medical response," said Col. (Dr.) Bob English, commander of the 332nd EMG and deployed from Dover Air Force Base, Del. "This occurrence brought together U.S. Army and Air Force, Dutch and contractor medics together to save the lives of these three individuals."

The accident occurred while heavy fog covered the southern Iraq desert.

"Our initial issue was the amount of fog," said Army Capt. Suzanne Smith, a C Company 161 physician's assistant and deployed to Camp Cedar from Camp Atterbury, Ind. "We were almost on the accident before we saw the burning vehicles."

Captain Smith and her crew assessed the scene and did what they could to help the three individuals.

"Our focus is to do everything we can to get them to the next echelon of care," she said. "We all felt we had the skills to get these guys to the Air Force hospital."

With only 40 minutes of notification, the 332nd EMG team prepared for the arrival of the three injured people.

"We had a significant amount of help. Everyone was capable of doing what needed to be done," said Maj. (Dr.) Donovan Tapper, 332nd EMG staff surgeon general, deployed here from MacDill AFB, Fla. "Our response was equivalent to what we've seen in the large metropolitan areas."

Besides their injuries, all the

patients were burn victims as well. The most serious patient had third-degree burns to his hands, back and face, Dr. Tapper said.

"Burns to the face [are] especially [dangerous]," the doctor said. "You have problems with swelling, which can cause blockages to the airway"

The first thing medics had to do was put a tube into on man's lungs so he could breath. If the medical team had not gotten him to the operating room quickly, he would have died, Dr. Tapper said.

"It was pretty bad," said Airman 1st Class Ivonne Castillo, a 332nd EMG medical technician deployed here from Lackland AFB, Texas. "I did a lot of dressings. I've done them before, but not on burns."

The airmen who work at the 332nd EMG come from different bases, backgrounds and specialties to ensure servicemembers here have the best available care at all times.

"We don't have the newest equipment, but we're not lacking on experience," Dr. Tapper said. "In medicine your personnel can make up for equipment shortages."

"These guys did a good job," said Lt. Col. (Dr.) George Martin, 332nd Medical Operations Squadron commander and emergency room doctor, deployed here from MacDill Air Force Base. "We knew we had patients who were potentially critically injured."

After the treatment they received at the 332nd EMG, the patients are all doing fine.

"The two Iraqi patients were sent to the Army 28th Combat Support Hospital in Baghdad," Dr. Martin said. "As of today they are both fine. The Pakistani patient was stable enough to be discharged, so he was discharged in care of (contract) medics."

The 332nd EMG is the largest Air Force expeditionary medical support unit in Iraq.



Photo by Staff Sgt. C E Lewis

Maj. (Dr.) Donovan Tapper (right) and Maj. Bonnie Mack dress the wounds of a burn victim Jan 9. Three patients were transported to the medical facility here for emergency treatment after they were involved in an off-base vehicle accident. Dr. Tapper and Major Mack are assigned to the base's 332nd Expeditionary Medical Group.

To place an ad in the *Sheppard Senator*, call the *Times Record News* advertising department at 761-5151.

Sheppard training displayed at national conference

By Maj. Robyn Mitchell  
382nd Training Squadron

Members of the 882nd Training Group take pride in their high-tech training methods and spent three days in November letting others know.

Five members of the training group marketed the group's mission during the Association of Military Surgeons of the United States in San Antonio, Texas. It was the 109th annual conference.

The 882nd has 67 resident and 127 non-resident courses.

The results of the conference contribute to the improvement of all phases of federal health services.

The focus of this year's AMSUS conference was protecting the nation. More than 1,000 exhibitors and more than 5,300 federal health agencies were represented at the conference.

The team transported state-of-the-art medical training equipment to showcase their

mission of global medical training to strengthen warfighter capability and the vision that they are the medical training center of excellence.

The members also emphasized technical training and the Expeditionary Medical Support Course (EMEDS).

Master Sgt. Cheryl Vance, an instructor in the group, demonstrated the wearable ultrasound system for field observation.

The exhibits were used to promote training at Sheppard and heighten the awareness of the type of training provided now and what can be done in the future.

Next year's conference will be held in Denver, Colo.

Maj. Robyn Mitchell and Sergeant Cheryl Vance, both with the 382nd Training Squadron, Maj. Terry Broussard and Tech. Sgt. Wendell Hill, both with the 381st TRS, and Maj. MaryAnne Yip of the 383rd TRS attended the conference.

Story and article submissions are due by noon the Friday before the requested publication date.

# Plant could be illegal for airmen

**By Ms. Jeanne Grimes**  
*Oklahoma City Air Logistics Center Public Affairs*

TINKER AIR FORCE BASE, Okla. (AFPN) - A hallucinogenic plant, lawful to possess and use, is being reviewed as a controlled substance that could land airmen in legal hot water.

The plant, *Salvia divinorum* is a perennial herb related to sage and a botanical cousin to an ornamental favored by gardeners, said Ven Sovo, of Tinker's Joint Drug Enforcement Team operating out of the Air Force Office of

Special Investigations, Detachment 114.

The team is taking its lead from Air Force Instruction 36-3208, Administrative Separation of Airmen, which identifies drug abuse as "the illegal, wrongful or improper use, possession, sale, transfer or introduction onto a military installation of any drug," Mr. Sovo said.

The instruction casts a wide net, defining drugs as "any intoxicating substance, other than alcohol, that is inhaled, injected, consumed or introduced into the body in any manner for purposes of altering

mood or function."

*Salvia divinorum* fills that bill and the Drug Enforcement Administration includes the plant in its "drugs and chemicals of concern," Mr. Sovo said.

"It's currently under review by the medical and scientific community to determine if it should be a controlled substance," one investigator said. Federal law ranks controlled substances in five schedules according to their potential for abuse, availability and effects on the user.

Tinker's drug team members were told that airmen in uniform have been seen buying

*Salvia divinorum*. Users in Tinker's military population may number "as high as 100 or more," Mr. Sovo said.

DEA officials report the drug is smoked to induce hallucinations, "the diversity of which are being described ... similar to those induced by ketamine, mescaline or psilocybin." Sellers offer both dried plant material and the plant's extract, investigators here said.

The user population appears limited to younger adults and adolescents "influenced by the promotion of the drug on Internet sites," DEA experts said. One such site has pub-

lished a user's guide that promises to "teach you how to work with this herb in a way that is personally rewarding and how to do so as safely as possible."

But online research convinced JDET members the plant is not harmless and they have read the accounts of between 200 and 300 individuals who have tried *Salvia divinorum*.

"Almost all of them have been scared by this drug," they said, adding most users report an "LSD-type reaction."

(Courtesy of Air Force Materiel Command News Service.)

## Briefly Speaking

### Power outage Wednesday

There will be a power outage Wednesday in Capehart housing due to maintenance.

The temporary outage is planned to last from 12:30 to 3:30 p.m.

For more information, contact Mr. Tommy Finely at 6-5767.

### CMSAF to attend 82nd TRW awards

Chief Master Sgt. of the Air Force Gerald Murray will be the guest speaker at the Feb. 4 82nd Training Wing annual awards banquet.

The event will be held in hangar 1045, beginning with a social at 6 p.m. and dinner at 7 p.m.

Cost is \$15.65 for members and \$17.65 for non-members.

See your first sergeant to sign up for the banquet. The deadline to sign up is Jan. 30.

### Tax center opens Tuesday

The Sheppard tax center will begin taking customers Tuesday at 9 a.m.

All personnel can have their taxes done between 9 a.m. and 3:30 p.m. Students and instructors can have their taxes done from 3:30 to 6:30 p.m.

The tax center is located in Bldg. 1121 behind the enlisted club. Customers will be seen on a walk-in basis.

Please bring all W-2s, 1099s, bank information, social security cards and any other pertinent tax information.

For more information, call 6-1981.

### AAFES alters hours for MLK Day

The following is a schedule of Army-Air Force Exchange Service hours for Martin Luther King Jr. Day:

Main BX, 10 a.m. to 8 p.m.; Food Court, 10 a.m. to 7 p.m.; South Shoppette, 8 a.m. to 10 p.m.; Mini Mall retail and food, regular schedule.

Burger King, 11 a.m. to 5 p.m.; concessions in BX and Mini Mall, 10 a.m. to 6 p.m.; base theater, normal hours.

### Chapel readies for 19th IGWS anniversary

The south chapel will hold the 19th Inspirational Gospel Worship Service Anniversary Celebration Jan. 25 at 10:30 a.m.

The guest speaker will be Bonne E. Moon, an ordained minister at the Potter's House in Dallas.

Volunteers are needed to help make the 19th anniversary celebration a success. A meeting will be held after services Sunday for those interested in volunteering.

For more information, call 6-7276.

### Local 779 to hold meeting

Local 779 will have their monthly union meeting Tuesday at 11 a.m. in the community center conference room.

All general schedule federal employees are invited to attend.

The union will nominate an election committee for the next union elections.



## Military Appreciation Night

**What:** The Wichita Falls Rustlers are hosting a military appreciation night.

**When:** Jan. 23 at 7:05 p.m.

**Where:** Kay Yeager Coliseum

**Cost:** \$5 for military at ITT or at the door with military ID.

United States Air Force Services Presents

Joining The Best Of The Best • The Joint Exchanging Exhibition

50 Years

tops in blue

The Air Force Premier Entertainment Showcase • Family Entertaining Family

Celebrating A Century of Pinewood Aisle and 50 Years of Entertainment

**Tops in Blue will perform Feb. 6 at 7 p.m. in Memorial Auditorium in Wichita Falls. For more information, call Janet Simonson at 6-2401.**

## African-American Heritage Committee schedule of events

**February:**  
Feb. 7 – Teen Bowl  
Feb. 10 – Lunch & Learn  
Feb. 27 – AAHC Banquet

**April:**  
Fashion Show

**May:**  
Food Drive

**June:**  
Juneteenth Celebration

Membership is voluntary and we are always looking for new members to help us get our message out to the community.

If you would like to become a member of AAHC or would like to participate in the planning of any activities, contact Maj. Marina C. Ray at 676-6430 or via e-mail at [marina.ray@sheppard.af.mil](mailto:marina.ray@sheppard.af.mil).



# Development teams up and running for officer careers

By Maj. John J. Thomas  
Air Force Personnel Center Public Affairs

AIR FORCE PERSONNEL CENTER - Every officer career field now has development teams set up to 'vector' officer career development.

"They're up and running," said Col. Kathleen Grabowski, chief of assignment policy here. "They're using their new career planning diagrams for each Air Force Specialty Code and beginning to offer vectors to individual officers."

That feedback will be posted in the Development Team block on officers' online officer development plans, currently called the t-ODP, which replaced the former preference worksheet.

"These teams are the lynchpin of Force Development," she said. "They will try to identify needs of the career field, and available training and educational opportunities, and set-up a process where assignments officers can match the right person to the right job at the right time."

Each Air Force Specialty Code was represented when development teams convened for the first time this fall, meeting the deadline set by the chief of staff

last year, said Col. Dave Nuckles, deputy chief of assignment programs and procedures.

"The development teams are all in the process of setting up the frequency and location of future meetings, depending on what best suits each career field," Colonel Grabowski said.

One of their first tasks was to determine appropriate developmental vectors for officers completing commander tours and officers finishing developmental education programs, Colonel Nuckles said. Future DT meetings will also address officers who are projected to move during their normal assignment cycles.

Under Force Development, the Air Force is seeking to build pools of experienced people at each level to be ready to fill important jobs. Development teams chart typical career paths and give officers feedback about what jobs, education and training will help them develop the capabilities to position them for future Air Force assignments.

Most teams consist of the career field manager, various colonels from within the career field community and an assignment officer from the personnel center.

Not necessarily the same people will meet each time.

"Although there are some 'core' members of every DT, membership should be flexible enough to ensure the right leaders are present for each meeting," Colonel Grabowski said.

So far most teams are still organizing and focusing on logistical processes and parameters for how and to whom they will give guidance.

"Not all career fields are the same size and therefore not all officers will get the same type of scrutiny at every stage of their careers," she said. "Smaller career fields, with fewer jobs available may give individual feedback to captains, while some bigger career fields will find it more effective to give vectors only to majors and above, and to let assignments officers work the details of other officers' jobs directly with the individual and guided by the career planning diagram."

"As always, it's more of an art than a science. And we've gotten positive feedback from the teams that they are pleased to have the latitude to mold their DT processes to their career field as needed," she said.

# Army Stop Loss to affect 7,000

By Sgt. 1st Class Marcia Triggs  
Army News Service

WASHINGTON - Officials announced Jan. 7 that the latest Stop Loss is in effect, and active-duty soldiers currently serving in Iraq and Afghanistan will not be allowed to change duty stations, separate or retire until after their unit redeploy.

Of the 7,000 soldiers to be affected, 3,500 will fall under Stop Loss and 3,500 will fall under Stop Movement, said officials from the Office of the Deputy Chief of Staff for Personnel, G1. They will be required to stay in the theater for the duration of their unit's deployment and up to a maximum of 90 days after the redeployment, said Col. Elton Manske, the chief of Enlisted Division, G1.

It is important for the force to understand that the policy states the post deployment period allows for up to a maximum of 90 days for soldiers to transition from service, G1 officials said. The three months allows soldiers time to complete out-processing, attend medical needs and the Army Career and Alumni Program, complete housing arrangements as well as ship personal belongings.

The 90 days is for the soldier, said Lt. Col. Franklin Childress, the G1 Public Affairs officer. If soldiers complete these arrangements early and want to leave, then they may leave before the 90 days expire, he added.

Army officials emphasize that since lifting the last Unit Stop Loss in May, more than 16,000 Soldiers have transitioned from the service.

# EMEDS

Continued from Page 1



Photo by Mr. Mike Littenek

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, and Col. Kimberly Siniscalchi, 882nd Training Group commander, observe medical personnel during an expeditionary medical support training Jan. 8.

site is about as close to a real-world deployment as you can get without packing up and deploying.

The site is next to a runway, providing the real-world sounds of jet engines. She said personnel also arrive at a bare base site that needs to be built.

Members of the medical readiness flight are able to provide "deployed" personnel with the two components that make up medical care in the field, she said.

"What stands out to me is their ability to integrate the air and ground training," Colonel Siniscalchi said.

With the class just taught, Colonel Siniscalchi said the EMEDS course was conducted simultaneously with an Aeromedical Evacuation Contingency Operations Training course. That enabled both components to be joined

together.

"Recent deployment experiences bring to light the value of integrated air and ground medical care," she said.

Air Force active duty and reserve and Air National Guard members are trained at three different locations: Sheppard, Brooks City Base in San Antonio, Texas, and the Alpena Military Combat Training facility in Michigan.

Two air staff members from Fort Detrick, Md., were at the training session Monday to observe the training curriculum used at Sheppard, Colonel Siniscalchi said. The intent is to possibly standardize the curriculum at the three training sites.

The first EMEDS course taught at Sheppard was in June 2002. More than 680 reservists have graduated from the course since then.



Photo courtesy Air Force Special Duty Briefing Team

Members of the Air Force Special Duty Briefing Team will be at Sheppard Jan. 27 to provide interested individuals with information about special duties.

# SPECIAL

Continued from Page 1

approved by their commander for recruiting duty to attend the briefing, as well as individuals in a mandatory retraining career field.

"Everyone remembers their MTI," said Master Sgt. Jodie Cameron, MTI recruiting team superintendent. "The MTI sets the stage for each individual's success in the Air Force and mentors hundreds of new Air Force members. The job is filled with substantial rewards

for those who want to have a hand in molding tomorrow's Air Force."

Applicants from all Air Force specialties are eligible to apply and are encouraged to attend. Spouses are also welcome.

For more information, contact Master Sgt. James Burns at 6-7797.

(Courtesy Master Sgt. James Burns, 82nd Training Wing career advisor.)

# VETERANS

Continued from Page 1

arranged for care at another VA facility or at a facility under contract in the private sector.

"I've always felt that it is important to give veterans with service-connected disabilities a priority for care," Mr. Principi said. "I want to make sure that those who have disability related to military service have a high priority for health care, whether it is inpatient or outpatient, and this new priority scheme is to ensure that those who are disabled go to the 'front of the line.'"

The new policy will not be without its challenges. More than 25 million veterans are in the VA's health-care system, and the department reports the number of veterans seeking medical care has risen significantly, from 2.9 million in 1995 to nearly 5 million in 2003. The VA operates more than 1,300 medical facilities, including 162 hospitals and 800 outpatient clinics, but officials report the increase in veterans seeking care "outstrips VA's capacity to treat them."

Mr. Principi acknowledged that veterans have suffered

long waits for appointments at medical facilities in some parts of the country. He said the goal for his department would be to reduce those lines and to ensure that veterans are cared for in a timely manner.

In the past, priority access to health care went only to veterans with disabilities rated at 50 percent or more; for severely disabled veterans, priority is extended for nonservice-connected medical problems, according to VA guidelines. However, the new directive now makes priority access available to all veterans injured in service to the country, Mr. Principi said.

The VA was established to care for the men and women who served in the armed forces, and that "we should never lose sight of that," he said. His department's priority must "always be the men and women disabled in service to

their country," Mr. Principi said.

In addition, Mr. Principi said his department will work harder to reduce the backlog of disability claims for veterans, and VA is making "tremendous progress" in that effort.

"They've shown renewed commitment ensuring that if a veteran files a claim for disability compensation, he or she doesn't have to wait six months to a year," Mr. Principi said. "We are going to get that claim decided in 100 days or less."

Don't drink and drive. Your life and your career aren't worth it.

Sheppard Community Center will Host the

# 2004 SPAM FEST

17 Jan 10 AM-2 PM

The events will consist of the following activities:

- SPAM Race
- SPAM Toss
- SPAM Carving
- SPAM Iron Chef
- Ms. SPAM Contest
- SPAM Recipe Contest
- Visit from the SPAMMOBILE
- Jupiter Jumps for the children and lots more fun activities!

Community Center 604 630 470-5844

LET'S GO HIGH WILD WITH SPAM!  
You'll be surprised at what you can learn in the SPAM Fest.

Patrons can request to email photos or visit 800s 430 440s & place your ballot in the ballot box. Phone: 6 366/7844 Email: 6366@jacksonville.com or 6366@jacksonville.com

WHO WILL BE NAMED "THE QUEEN OF SPAM"???

Please send in responses for Ms. SPAM Contest!

JOIN THE FUN!

The location of the SPAM Festival will be the Community Center, 604 630 470-5844 for more info please contact Mr. Jackson 6366 470-5844

Be smart.  
Stay safe.  
Don't  
drink and  
drive. For  
a ride home  
after a  
night out,  
call Airmen  
Against  
Drunk  
Driving at  
6-AADD.



Photo by Staff Sgt. Chris Stagner

Master Sgt. George Sims removes debris from the runway at Tallil Air Base, Iraq. More than 1,600 pounds of debris has been removed from

the airfield since November. Sergeant Sims is the 332nd Expeditionary Operations Support Squadron airfield manager.

# Airmen ensure runway safety

By Staff Sgt. Chris Stagner  
332nd Air Expeditionary Wing Public Affairs

TALLIL AIR BASE, Iraq (AFPN) — Aircraft come, and aircraft go. Whether it's for training or a real-world mission, it's an everyday part of Air Force life.

Without certain people to accomplish certain missions, the aircraft will not come, and the aircraft will not go. Maintainers, air traffic controllers, flight engineers, pilots; everyone plays a role to ensure mission accomplishment.

One piece to the puzzle of mission accomplishment is airfield management.

Airmen drive more than 40 miles per day while inspecting the airfield to ensure aircraft here can fly safely supporting Operation Iraqi Freedom, said Master Sgt. George Sims, 332nd Expeditionary Operations Support Squadron airfield manager, deployed here from Langley Air Force Base, Va.

The purpose of airfield inspections is to guarantee flight safety by examining the condition of the runway, the bird activity around the airfield and anything else that might affect safe operation of aircraft and vehicles on the aerodrome, Sergeant Sims said.

A part of this process is checking for foreign objects that could damage aircraft. Since November, the airfield management team has removed more than 1,600 pounds of debris, he said.

"The ability to maintain a FOD-free environment at our permanent U.S. Air Force airfields has always been a significant undertaking," said Capt. Kirk Deitrich, 332nd EOSS airfield operations flight commander, deployed here from Columbus AFB, Miss. "To accomplish that same task at a

war-torn coalition airfield is the ultimate test of an airfield management team."

Like many other jobs, the airfield management process here is not necessarily handled the same as it is at home stations, Sergeant Sims said.

"Our biggest challenge is the lack of resources and time to ensure we accomplish our function in accordance with the standards we're accustomed to at our home duty stations," Sergeant Sims said. "We cannot allow that fact to stop the mission, so we apply the best fix to a problem and add that item to our list of things to be completed correctly. There are nearly \$5 million worth of construction projects that need to be accomplished on this airfield to bring it up to (Federal Aviation Administration) and U.S. Air Force standards."

Besides the airfield, taking care of flight plans for the aircraft is airfield management's responsibility also. There are differences between here and the states in that aspect of the job as well.

"The main difference between the system we're using here and home is it's not handled by a civilian air traffic facility, it's handled by military," said Staff Sgt. Shawn Smith, 332nd EOSS chief of airfield management, deployed here from Edwards AFB, Calif. "The system here uses a template. It allows us more possibilities to change flight plans. You can't do that at home. The system here is more malleable."

"Flexibility has become a huge part of airfield management's mission here," Sergeant Sims said. Regardless of stateside and area of responsibility differences, airfield management airmen make sure the job gets done, Sergeant Sims said.

"Every wing member typically arrives and leaves Tallil via aircraft," he said. "We help to provide and maintain the one resource that everyone depends on ... the airfield."





## Sheppard Spotlight 15 lines of fame



**1. Name:** Elbert Nathan Pope

**2. Rank:** Airman 1st Class

**3. Organization and position:**  
82nd Civil Engineer Squadron  
Heating, Ventilation and Air  
Conditioning

**4. Hometown:** Shady Valley,  
Tenn.

**5. Married or single:** Married  
to a wonderful friend and  
woman, with two boys.

**6. Hobbies/Favorite thing(s)  
to do in your free time:** Remodel  
old homes and dabble in  
real estate.

**7. Funniest childhood memory:** Too many to recall just one.

**8. Why did you join the Air Force?** It was something I always  
wanted to try. It was a personal goal of mine, and I wanted to be  
able to say I was willing to do what might be needed to maintain our  
way of life in America.

**9. Why do you stay in the Air Force?** Because of the knowledge  
of a new career, and the opportunity to get a free college education.  
There truly are a lot of opportunities to be had in the military.

**10. Date Arrived at Sheppard:** Nov. 4, 2002.

**11. Most rewarding aspect of your job:** The knowledge I am gain-  
ing from a new trade.

**12. Favorite book or movie:** "Braveheart."

**13. What is your dream vacation?** Take my wife and kids to Brazil  
and the Cayman Islands.

**14. If you could be anyone for one day, who would you be?** My  
boys, because they amplify how great life should be.

**15. Most prized possession:** My faith.



Airman 1st Class Nathan Pope

## Community

### Lake Texoma arts, crafts

Lake Texoma will host a Valentine's arts and crafts day Saturday. For more information, call (903)523-4613.

### SPAM Fest

The community center will host the 2004 SPAM Fest Saturday from 10 a.m. to 2 p.m. There will be a SPAM recipe contest, a visit from the SPAM-MOBILE, a Ms. SPAM contest, a SPAM toss, a SPAM Iron Chef contest, SPAM carving, a SPAM race and a jupiter jump for the children. For more information, call 6-3866.

## Club activities

### Latin night

The enlisted club will host a Latin night Saturday from 9 p.m. to 2 a.m. For more information, call 6-2083.

### Bingo

The enlisted club will host bingo Sunday at 3 p.m. The doors will open at 1:30 p.m. Call 6-2083 for more information.

### Holiday closure

The officers and enlisted clubs will be closed Monday.

## ITT

Tickets for the Sheppard Appreciation Night Wichita Falls Rustlers game against Fairbanks Jan. 23 are available at ITT. The cost is \$5 for the end zone, \$7 for executive seats and \$17 for club Vip seating. Dallas Stars Hockey tickets are available at ITT. For more information about

ITT, contact them at 6-2302.

### Summer Alaskan Cruise

Departs DFW July 9 and returns July 18. Cost is \$2332 per person for inside cabin assignment and \$2687 per person for ocean view cabin assignment. This tour includes airfare, a seven-night Gulf of Alaska northbound cruise and a two-night escorted motorcoach land tour. A \$450 deposit must be made by Jan. 29 and the balance is due April 30.

## Student stuff

### Club BDU

The student center will host a BDU dance Sunday from 7 p.m. to 1 a.m. The cost is \$4 per person. For more information, call 6-7659.

### Free meal

The student center will offer a free meal to students Monday from 3 to 5 p.m. For more information, call 6-7659.

## Student ministry

### Solid Rock Cafe

Monday through Thursday, 7:30 a.m. to 9:30 p.m.

Friday, 7:30 a.m. to 11:30 p.m.

Saturday, 1 to 11:30 p.m.

Sunday, 1 to 9:30 p.m.

Sunday Protestant Bible study, 4 p.m.

Contemporary Praise Worship Service, 5 p.m.

Chapel Ropes Meeting, Tuesday, 11:15 to noon and 4 to 5 p.m.

Parents and Tots, Monday, 1:30 to 2:30 p.m. and Wednesday, 10 to 11 a.m.

Praise Band Rehearsal, Saturday, 10 a.m. to noon (Andria Hayman)

Solid Rock Saturday Meal, 6:15 p.m.



### Timeline - PG-13

Friday at 6:30 p.m. and Saturday and Sunday at 2 p.m.

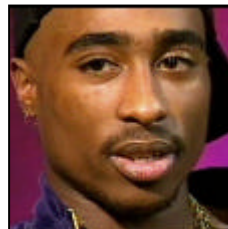
Paul Walker, Frances O'Connor - In France, professor Johnston, Chris and a team of archaeology students make a startling discovery in the ruins of a 14th-century castle.



### GOTHIKA - R

Friday at 9 p.m. Saturday at 4:30 p.m. and Sunday at 2 p.m.

Halle Berry, Robert Downey Jr. - Criminal psychologist Miranda discovers she's been locked in her own sanitarium for a murder that she can't remember committing.



### Tupac: Resurrection - R

Saturday at 7 p.m. and Sunday at 4:30 p.m.

Tupac Shakur - The first authorized biopic of the late rapper-actor Tupac Shakur including poetry readings, musical clips and video from his life with various interviews, private home movies, and previously unreleased concert footage.

## Chapel schedule

### Parish Ministries

#### Protestant Men of the Chapel

Saturday, 6:30 a.m., south chapel  
PMOC breakfast/fellowship is the second Saturday of the month at Golden Corral at 8 a.m.

#### Protestant Services Sunday

Sunday School, 9:00 a.m., Bldg 962  
Community Worship, 10:30 a.m., North Chapel  
Inspirational Gospel Worship, 10:30 a.m., South Chapel  
Holy Communion Worship, 10:30 a.m., Hospital Chapel

Weekday Bible Studies  
Tue, 6:00 p.m. & Thu, Noon, South Chapel

#### Protestant Religious Education

Sunday school classes, Bldg. 962, 9 a.m.  
Tuesday night Bible study, 6 p.m., south chapel  
Thursday noon Bible study, noon (lunch provided), south chapel  
Protestant Women of the Chapel Thursday night Bible study, 6 p.m.  
Protestant Men of the Chapel Tuesday morning Bible study, 6 a.m.

#### Catholic Services

Saturday, confession, 4 to

4:30 p.m., north chapel  
Saturday, Mass, 5 p.m., north chapel

Sunday, Mass, 9 a.m. and noon, north chapel  
Catholic religious education, pre-K through adult, 10:30 to 11:40 a.m., Bldg. 962

RCIA, 6 to 8 p.m., Bldg. 962  
Daily services: Monday and Wednesday, 11:30 a.m., south chapel

Tuesday, 5:15 p.m., Solid Rock Cafe  
Thursday, 11:30 a.m., SRC

**For more  
information, call  
the base chapel  
at 6-4370**

**Submit your organization's  
announcement to  
sheppardsenator@sheppard.af.mil**



Sheppard Senator

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander

Sheppard Senator editorial team

Maj. Manning Brown, Public communication director  
2nd Lt. Ellen Harr, Public communication officer  
Master Sgt. Jeff Szezechowski, Noncommissioned officer in charge  
John Ingle, Editor (6-7244, sheppardsenator@sheppard.af.mil)  
Senior Airman Chris Powell, Sports editor  
Airman 1st Class Jacque Lickteig, Staff writer  
Terri Tyler, Action Line coordinator (6-2000, action.line@sheppard.af.mil)



Published by the Times Publishing Company of Wichita Falls, Texas, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 82nd Training Wing.  
This commercial-enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of The Sheppard Senator are not necessarily the official views, or endorsed by the U.S. government, the Department of Defense or the Department of the Air Force.  
The appearance of advertising in this publication including inserts or supplements, does not constitute endorsement by the DoD, the Department of the Air Force or the Times Publishing

Company of the products or services advertised.  
Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, marital status, physical handicap, political affiliation or other nonmerit factors of the purchaser, user or patron. Content is edited and prepared by the 82nd TRW public communication office. Copy deadline is noon Friday the week before publication. All photos are U.S. Air Force photos unless otherwise credited. E-mail submissions to sheppardsenator@sheppard.af.mil 82nd TRW/PA, 419 G Ave., Ste. 3, Sheppard AFB, Texas 76311-2943.

Commander's Corner



Photo by Lynn Bullard

CFC

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents a certificate of appreciation to Capt. Stanley Sebastian, chief of 82nd Training Wing Protocol, for outstanding service and support during the 2003 Combined Federal Campaign.

Safety Corner

Fast safety tips for passing

- 1. Always use a signal so others know where you are going.
- 2. Do not pass if you have to exceed the speed limit to do so.
- 3. Maintain a safe following distance prior to passing.

- 4. Always be aware of oncoming traffic. Be sure to check your blind spots
- 5. Make sure you see the pavement in front of the car you passed in your rearview mirror before returning to your driving lane.
- 6. Make sure the pass is necessary before making it.

Passing calls for precautions

By Ron Davis  
82nd Training Wing Safety

One of the most common causes of deadly head-on collisions on the road is improper passing.  
Determine the necessity and the safety of a pass before doing so. The majority of passes don't save enough time to be worth the risk.  
When passing another vehicle, follow these safety tips:  
Prior to passing another car, maintain a safe following distance. Intending to pass is no excuse for tailgating.  
The other car could still stop at any time, and the closer you are to the vehicle, the harder it is to see what's in front of it.  
Signal left, and scan the road ahead and behind continually. Check blind spots. Make sure nobody is trying to pass you. If there is any doubt about oncoming traffic, wait.  
On a two-lane road, moving into the oncoming traffic lane is the most dangerous part of passing.

ing. In 70-mph traffic, you and oncoming vehicles are approaching each other at a speed of 140 mph. It takes a full mile to complete a pass at 70 mph. After moving left, increase your speed to pass, giving the vehicle plenty of room. You should not pass if you have to exceed the legal speed limit to do so. Signal right to begin moving into the right lane in front of the passed car.  
It's safe to return to your driving lane when you can see the pavement in front of the vehicle you've passed in the rearview mirror. Move to the right and turn off turn signals. Check your blind spot. It is important to do so in a multilane road where another car may be moving into the lane from the right, or in a situation where the car being passed is nearly stopped and another car may be coming onto the road in front of it.  
It is unsafe or illegal to pass in:  
■ No passing zones

■ School zones  
■ Curves with passing restrictions  
■ Any road with a solid line painted in the middle  
■ Within 100 feet of the crest of a hill  
It is also illegal, in most cases, to pass where there are:  
■ Railroad crossings  
■ Intersections  
■ Tunnels or bridges  
If someone is passing you, maintain your speed or slow down to allow the vehicle to pass safely.  
Never speed up to prevent someone from passing you. If you are driving more slowly than the flow of traffic, find a safe place to pull off the road and let vehicles pass by. You will be safer and more relaxed without a string of cars behind you.  
Passing on a two-lane road is a difficult and dangerous maneuver that usually cuts only a few seconds off your trip. Pass only when it's absolutely necessary and completely safe.

Candle safety, knowledge could have prevented Capehart housing fire

No one was injured in a recent fire in base housing from a candle that caused an estimated \$10,000 in damage.  
During 1999, an estimated 15,040 home fires caused by candles were reported to public fire departments. These fires resulted in an estimated 102 deaths, 1,473 injuries and an estimated direct property loss of \$278 million.  
Forty percent of the home-candle fires started in the bedroom. Thirty-eight percent of candle fires occurred when candles were left unattended, abandoned or inadequately controlled.  
The lessons learned from this fire are simple; keep candles out of the hands of children and avoid using candles during power outages. Use a flashlight.  
Finally, when base residents call 911

using a cell phone, the phone will connect to the Wichita Falls 911 center. Callers need to indicate they are on Sheppard for the caller to get transferred back to the base.  
Candles are not permitted in base facilities, other than base housing, without approval of the fire department. The Sheppard Fire Prevention office is available to answer your questions at 6-1073 or 6-1074.  
**Candle safety tips**  
\* Extinguish all candles when leaving the room or going to sleep.  
\* Keep candles away from items that can catch fire (clothing, books, paper, curtains, decorations).  
\* Use candle holders that are sturdy, won't tip over easily, are made from a material that can't burn and are large enough to collect dripping wax.  
\* Don't place lit candles in win-

dows, where blinds and curtains can close over them.  
\* Place candle holders on a sturdy, uncluttered surface and do not use candles in places where they could be knocked over by children or pets.  
\* Keep candles and all open flames away from flammable liquids.  
\* Keep candle wicks trimmed to one-quarter inch and extinguish taper and pillar candles when they get to within two inches of the holder or decorative material. Votives and containers should be extinguished before the last half-inch of wax starts to melt.  
\* Avoid candles with combustible items embedded in them.  
**Candles and children:**  
\* Keep candles up high out of reach of children.  
\* Never leave a child unattended in a room with a candle. A child should



Photo by Jeff Orr

**Some of the damage caused by a candle fire in Capehart housing.**  
not sleep in a room with a lit candle.  
\* Don't allow children or teens to have candles in their bedrooms.  
\* Store candles, matches and lighters up high and out children's sight and reach, preferably in a locked cabinet. (Courtesy of the Sheppard Fire Department)

Letters to the commander

Dear Brig. Gen. Rooney,  
Your gift of \$900 [from a Sheppard ammo class] helped make it happen! In fiscal 2003, your generosity made it possible to fulfill our goal of granting 271 wishes to children with life-threatening illnesses in the 64

counties the Make-a-Wish Foundation of North Texas serves. You know that your gift makes a difference in the life of a child. Whether the child's wish is to meet a celebrity of Mickey and Minnie, have a bedroom makeover, be a judge for a

day, or simply to have a kitten - your gift makes the "power of a wish" become a reality!  
We are deeply grateful for your repeated gifts that help make wishes come true for the very special children we serve. You are welcome to call or visit

us anytime, for you are part of the heart of the Make-a-Wish Foundation of North Texas.  
"Thank goodness there are organizations out there to support families during difficult times. Make-a-Wish is such an important, worthwhile charity.

Kids need time to have fun, just be a kid, and forget all the pressures of being ill," said Jenna's mom on the trip to Walt Disney World.  
Best "Wishes,"  
Barry Smink  
President and CEO

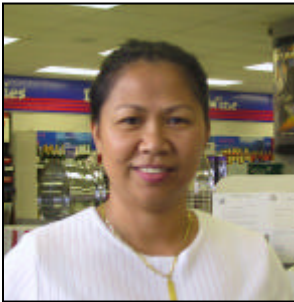
Submit your question and concerns to action.line@sheppard.af.mil or call 6-2000. Your submission may be printed in The Sheppard Senator.

Soundoff

What are you doing to celebrate Martin Luther King Jr. Day?



"I'm probably going to unpack. I just came here," - Tech. Sgt. Rodney Fisk, 381st Training Squadron



"I'm going to Fort Worth," - Emy Naef, Shoppette



"Have some old friends over," - Maj. Steve Warrior, 97th Flying Training Squadron



"Probably study for a block test," - Navy Petty Officer 3rd Class Matthew Cady



"I'm moving to Travis Air Force Base, Calif.," - Airman Angel Legare, 383rd Training Squadron



Army trio gives it all they got for Olympics

See Page 3B



# Sheppard Sports



Air Force leaders show they are fit to fight

See Page 4B

## Program gives youth workout knowledge

By Senior Airman Chris Powell  
Senator sports editor

Sheppard youth ages 13 to 18 who are looking to get in shape and learn how to train for sports will be able to take part in a new class.

The body development class is being taught by Monte Sparkman, assistant director of youth sports and fitness, and will be from 5 to 6 p.m. Wednesdays and Fridays at the north fitness center, beginning next week. The program costs \$20 for members and \$25 for non-members.

“We’ll be teaching proper nutrition, how to use the weight room properly, how to be safe while participating in sports and lifting weights and anti-drug information,”

Sparkman said. The class will also have guest speakers from units on base and off base.

“It’s important for everyone who is interested in sports to become a better athlete,” Sparkman explained. “This class is a great tool for kids, and I want to help them to become better athletes.”

But the class isn’t just for those people looking to be athletes, said Benny Benavides, youth director. “This class is also meant to develop better health and self esteem in every kid who participates.”

The first four weeks of the program, participants will be going through conditioning exercises, according to Sparkman. “At the fifth week, we’ll begin the weightlifting

part of the course.”

Youth who can’t make it to the first classes don’t need to worry because people can join the classes anytime throughout the year. “If someone joins the program after it starts, it’s no big deal,” Sparkman said. “We will just start conditioning them and get them caught up to the other participants.”

“When kids come to the classes, I hope they have a positive attitude because I want to create a great environment for them to learn, improve their self image and to get in better condition,” Sparkman said.

The background and structure class isn’t something that came from nowhere either. Sparkman said he modeled the class after programs



Monte Sparkman, assitant director of youth sports and fitness

by Louie Simmons and Ken Johnson. Simmons is a world-renowned strength and conditioning and weightlifting teacher and Johnson is the strength and conditioning coach of the Green Bay Packers.

“We will tailor the program to fit each kid’s needs,” Sparkman said. “We want to make the program as authentic as possible.”

To register for the class, people can call Sparkman at 6-2342 or talk with anyone at the Madrigal Youth Center.

“I encourage youth to get their friends to sign up, too,” Sparkman said. “Because weight training and conditioning is a lot more fun with your friends.”

Sports Briefing

‘All-American’ Bowl showcases Army recruiting

SAN ANTONIO, Texas - What has become the premiere event in high school sports is quickly becoming the Army’s most visible recruiting tool as the top 78 high school football players in the nation faced off in the “All-American” Bowl game at the Alamodome Jan. 3.

The game pitting East and West all-stars was nationally televised by NBC with an event record turn-out of 25,813 in the stands. The East all-stars came away with a 45-28 victory over the West. This marked the fourth year for the Army-sponsored event.

The theme of this year’s bowl, sponsored by the U.S. Army Accessions Command, headquartered at Fort Monroe, Va., was a “Tribute to Freedom,” dedicated to Soldiers involved with Operation Iraqi Freedom and Operation Enduring Freedom. More than 80 Soldiers who have received the Silver Star, Bronze Star or the Purple Heart were introduced along with the players during pre-game activities.

Acting Secretary of the Army Les Brownlee spoke to both the Soldiers and players during a dinner the evening before the game.

“Americans love sports, and sports activities are a central part of American life,” Brownlee said. “We celebrate friendly competition through events such as the All-American Bowl, even while we are at war. In doing so, we reaffirm that life is worth living and defending, that we will not yield to threats from terrorists...”

Soldiers from the 3rd U.S. Infantry, known as the “Old Guard,” displayed flags from each state and territory, as well as portrayed “period” dress of soldiers from the Revolution through today.

The U.S. Army Band (“Pershing’s Own”), anchored by singers Sara Sheffield, Henry Fiske, Juan Rodriguez and Leigh Ann Peterson, dazzled the crowd with renditions of “Hero,” “Hero for Today,” “Where the Stars and Stripes and Eagle Flies,” “Go the distance,” “God Bless the USA,” and “We were there.”

Spec. Terry Burka, one of the “Old Guard” soldiers involved with the flag ceremony, said he believes the lyrics of “Freedom isn’t Free” were perfect to showcase the Army in front of the American public.

“It’s important for Americans to understand that while they sleep peacefully in their beds at night, there are men and women half way around the world fighting and dying for them,” Burka said. “President Bush once told me that it’s because of soldiers like me that terrorists are afraid to come into our country.”

Pre-game activities also included a Fan Fest, where the new Stryker combat vehicle and the Avenger Air Defense System were on display with a variety of activity booths, a climbing wall and recruiting displays.



Photo by Lynn Bullard

**Ranger’s come to Sheppard**

Jeff Zimmerman, a pitcher for the Texas Rangers signs autographs for Team Sheppard members Wednesday at the base exchange. Zimmerman, outfielder Kevin Mench, broadcaster Tom Grieve and pitcher Mickey Callaway came to Sheppard to sign autographs and pose for photos. People can buy Texas Rangers’ tickets at the Information Tickets and Travel office.

## Miramar Marines take on X-treme Challenge

MARINE CORPS AIR STATION MIRAMAR, Calif. (Jan. 8, 2004) — Physical fitness is one of the basic components of the Marine Corps lifestyle. In order to be one of “the few, the proud,” physical fitness is a must.

Now there is a new program here for Marines aboard the air station to strive for their personal best.

“The X-treme Challenge is an incentive program that helps promote more than one activity while promoting better fitness,” said Christine Stewart, Semper Fit fitness specialist and X-treme Challenge program coordinator. “It should take the average person about a year to complete this program, which will coincide with the launch of X-treme Challenge 2.”

By completing various fitness activities, enthusiasts earn points that then translate into different prizes. Nearly all fitness activities are included in the program, 30- and 60-minute cardiovascular workouts, nine and 18-hole golfing, lap swimming, weightlifting, intramural sports, health fairs, more than 20 different activities in all. Fitness gurus can also do each activity more than once, sometimes up to 90 times per

event.

For example, a pick-up game of basketball is worth one point for the X-treme Challenge. Pick-up sports points can be maximized up to 90 points, which equates to 90 different games of basketball. Other sports included in this category are volleyball, softball and racquetball.

“This program promotes a healthy total lifestyle,” said Stewart, who has been developing the program since April 2003. “That’s why you can’t do the exercise bike everyday for the rest of your life and earn all the prizes.”

As soon as participants earn 100 points they are entered into a quarterly drawing where they can earn gift certificates and other fitness and sports prizes. Aside from the drawings, participants earn prizes each time they earn 100 points. Once they earn 600 points they are dubbed an X-treme Challenger and will receive a certificate and have their picture posted at the facility they signed up at, as well as entered into the drawing held each January. Some of the prizes offered are water bottles, work-

See MARINES, Page 2B

## Falcons tops Rams in conference opener

### Men’s basketball off to best start in school history

Courtesy of the Air Force Academy

FORT COLLINS, Colo. – Tim Keller scored 15 points and A.J. Kuhle had 14, leading Air Force to a 65-57 win over Colorado State on Monday night.

Air Force (10-2, 1-0 Mountain West), which snapped a 27-game conference road losing streak, also got 12 points from Nick Welch, 11 from Joel Gerlach and 10 from Antoine Hood.

Matt Williams had 17 points and eight rebounds for short-handed Colorado State (8-6, 0-1), which was without two starters - center Matt Nelson (knee) and guard Micheal Morris (hamstring).

Air Force, which led 30-20 at half-time, padded its lead to 38-26 on Gerlach’s 3-pointer with 16:02

remaining.

Ronnie Clark had 10 of his 12 points in the first seven minutes of the half to help Colorado State trim the deficit to 43-39.

But Air Force responded with an 8-0 run, and the Rams got no closer than six points after that. Hood started the surge with a three-point play following a steal on the other end. Gerlach then hit a 3-pointer and added two free throws for a 51-39 lead with 4:40 remaining.

Colorado State was forced to foul in the final two minutes, and the Falcons hit 11-of-14 free throws.

Air Force, off to its best start in school history, was outshot 51 percent to 46 percent but made 24-of-33 free throws compared to CSU’s 11-of-15.

It was Air Force’s first conference win on the road since Jan. 20, 2000.

Kuhle scored 11 points in the first half to help spark Air Force to its 10-point halftime lead.

Hood’s 3-pointer and Kuhle’s basket in the lane gave the Falcons an

See BASKETBALL, page 2B

## Falcons lose nail-biter to Wildcats, 53-48

Courtesy of the Air Force Academy

The Air Force women’s basketball team suffered a disappointing 53-48 loss to Weber State on Saturday (Jan. 10) to remain winless on the road. The Falcons kept the game close and put themselves in a position to win the game, but several critical misses late in the game cost the team a chance for victory. It was the final non-conference game of the season for the Falcons, who fall to 3-10 overall.

The Falcons got off to a slow start, scoring just 12 points in the first half. It was the lowest single half total this season for Air Force, as only two players scored in the half - Shawna Neff and Leticia Castillo, who each had six points. The teams headed to the locker room with Weber State leading 23-12.

Air Force came out on fire in the second half, opening the half 8-of-10 from the field and scoring the half’s first eight points. They scored as many points in the first six minutes as they did the entire first half and overcame the double-digit deficit. They took their first lead of the game at the 14:01 mark, 29-28.

For the next nine minutes, the teams battled in an exciting game - exchanging leads several times. With Air Force clinging to a one point lead (39-38), the Wildcats hit back-to-back three pointers to pull ahead by five. Neff answered with a trey to cut the lead to two, but Weber State would score another three on its next possession to extend its lead back to five with just over four minutes to play.

With less than two minutes remaining, Castillo nailed a three-pointer to cut the lead to two. Air Force would steal the in-bounds pass, but they would miss several short-range jumpers that would have tied the game at 48 apiece. A foul would send the Wildcats to the line, where they would make one of two free throw attempts and give the team a three-point lead. Air Force would not score on its next few possessions and their fate was sealed.

Leticia Castillo had a career-high 18 points to lead all scorers. Shawna Neff added 12 points and a team-high eight rebounds. Amoy Jackson and Andrea Taylor each had seven rebounds, but the Falcons were out-rebounded 45-31. The difference was Weber State’s Julie Gjersten, who collected 14 boards and 17 points for the double-double. Despite shooting just 23.1 percent from

See LOSS on page 3B



Basketball

For more information, call 6-2972.

Martin Luther King Jr. basketball tournament

There will be a Martin Luther King Jr. basketball tournament Sunday and Monday at the north and south fitness centers.

Over-30 League				
Team	Won	Lost	GB	
366 TRS	3	0	-	
360 TRS	2	1	1.0	
365 TRS	1	1	1.5	
383 TRS	1	1	1.5	
82 SFS	2	2	1.5	
82 MDOS	1	2	2.0	
82 MSS/SV	0	3	3.0	

Permanent Party Division 1				
Team	Won	Lost	GB	
82 MDOS/MDSS	3	0	--	
365 TRS	3	0	--	
382 TRS	2	2	1.5	
366 TRS	1	1	1.5	
361 TRS	1	2	2.0	
80 OSS	0	2	2.5	
362 TRS	0	3	3.0	

Permanent Party Division 1				
Team	Won	Lost	GB	
82 CES	2	0	--	

Team	Won	Lost	GB	
187 MBN	2	1	0.5	
82 SFS	2	1	0.5	
82 MSS/SVS	3	2	0.5	
82 CPTS	1	3	2.0	
82 CS	0	3	2.5	

Student League				
Team	Won	Lost	GB	
882 TRS-A	3	0	--	
360 TRS	2	0	0.5	
366 TRS	2	1	1.0	
361 TRS	2	1	1.0	
364 TRS	2	2	1.5	
365 TRS	1	1	1.5	
363 TRS	1	2	2.0	
882 TRS-B	1	3	2.5	
362 TRS	0	4	3.5	

Bowling

For more information, call 6-2170.

Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes.

For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

Bowling League		
Team	Won	Lost
82 COMM A	87	33
365 TRS C	84	36
882 TRG	75	45
363 TRS Ammo	72	48
366 TRS A	69	51
365 TRS B	68	52
365 TRS D	68	52
360 TRS	68	52
Bowling Pro Shop	68	52
362 TRS B	68	52
82 CES	65	55
364 TRS A	63	57
80 FTW A	62	58
382 TRS A	62	58
187 Med Bn	60	60
362 TRS A	58	62
383 TRS	58	62
363 TRS Armament	56	64
82 MSS/SVS	55	65
381 Med Red	55	57
82 Services Squadron	54	66
382 BMET	52	68
82 CPTS	51	61
361 TRS	48	72
364 TRS B	45	75
80th OSS	35	85
82 CS B	34	86
SFS	32	88

Fitness center

For more information, call 6-2972.

Aerobiccenter offers classes

The aerobiccenter, located in the south fitness center, offers coed aro-

bics classes seven days a week. Call 6-2972 for more information.

Abdominal class

Monday, Wednesday and Friday at 11 a.m.

Monday through Friday at 8 p.m.

Aerobics

Monday at 7:15 a.m.

Step aerobics

Tuesday and Thursday at 5:30 a.m.

Body pump

Tuesday and Thursday at 9:15 a.m.

Thursday and Saturday at 11:30 a.m.

Yoga and pilates

Monday and Wednesday at 10:15 a.m.

Wednesday at 5 p.m.

Thursday at 6 p.m.

Saturday at 3 p.m.

Basic step

Monday, Wednesday and Friday at 7 p.m.

Sunday at 2 p.m.

Kickboxing

Tuesday and Thursday at 7 p.m.

Sunday at 3 p.m.

Intermediate step

Saturday at 10:15 a.m.

Wednesday at 6 p.m.

Advance step

Monday, Tuesday at 5 p.m.

Combo step

Monday, Wednesday and Friday at 11:30 a.m.

Youth center

For more information, call 6-2342.

Operation Night Hoops

Operation Night Hoops registration is from Feb. 16 to March 16 at the Madrigal Youth Center for ages 13 to 18.

Registration requirements are a current physical, proof of age, a completed Air Force Form 1181 and a fee of \$15 for members, \$20 for non-members and \$25 for civilians.

Each participant must attend an educational class to play.

Night Hoops volunteers

There are several volunteer positions that need to be filled for Operation Night Hoops.

The positions are: social planning committee, photographer, sports writer, score keeper, teen sports director, apprentice coach and an announcer.

Body development class

There is a body development class beginning Jan. 21 at the Madrigal Youth Center for youth ages 13 to 18.

People can register now, and the cost is \$20 for members and \$25 for non-members.



Courtesy photo

A gym enthusiast racks a set of dumbbells at the Semper Fit Gym Wednesday as he earns points toward the X-treme Challenge fitness program.

MARINES

Continued from Page 1B

out towels, self-measuring tapes, workout radios and more.

There is a one-time registration fee of \$5 to sign up for the program, which is paid after the first two prizes are earned. Stewart said the program is based on the honor system so even Marines deploying can continue to participate in the program while they are gone.

"All they have to do is keep track of what they do and turn it in when they get back," she said. "They'll get all the prizes when they return."

Although the program is currently only offered at Miramar, Stewart said she hopes the X-treme

Challenge will go Marine Corps-wide.

"This program is to help motivate our Marines and to make working out more fun," she said. "If it goes Marine Corps-wide that would really be great."

The program is run on a three-year cycle, with each year promising to be more challenging and more fun than the previous year. Participants can sign up at any time.

"We're all excited about it," she said. "The more successful this program is the more prizes we can get and the better services we can provide."

BASKETBALL

Continued from Page 1B

early 10-6 lead.

Colorado State's Derrick Stevens hit a 3-pointer to cut the deficit to 16-14, but Air Force outscored Colorado State 14-6 the rest of the half.

The Falcons used a five-point possession to open up a 23-16 lead. Keller was intentionally

fouled by Freddy Robinson and made both free throws. The Falcons retained possession, and Gerlach hit a 3-pointer from the corner with 5:15 remaining.

Air Force scored six straight points, including five by Kuhle, to forge its biggest lead of the half, 29-18.

Don't drink and drive. For a ride home, call Airmen Against Drunk Driving at 6-AADD. Your life, someone else's life and your career aren't worth driving drunk.

TSTV schedule

Informative, educational and entertaining programming is available 24 hours a day, seven days a week on Team Sheppard TV, channel 14. In addition to Department of Defense productions, the base public communication office produces local programming exclusively for Team Sheppard. For more information about TSTV or to share your ideas with the TSTV staff, please contact public communication at 6-1327 or check out our Web site at <http://www.sheppard.af.mil/82trwpa/default.htm>.

"Sheppard Today January 2004"

The January edition of "Sheppard Today" shows how the airmen and NCOs at the base chapel assist the chaplains in maintaining Team Sheppard's spiritual health. The program also features an interview with the Chief of Air Force Services, Mr. Arthur Myers, and reflections on the Centennial of Flight by personnel from the 80th Flying Training Wing.

"The Detroit arsenal tank plant"

This program features the history of the Detroit arsenal tank plant and was produced by the Army Tank-Automotive and Armaments Command. This documentary illustrates the tank plant's contribution to American and world history. The plant was built during World War II and produced nearly as many tanks of all of Nazi Germany. It was also the nation's main tank production facility during the Cold War.

"Flying for freedom - the Women Air Force Service Pilots"

Drawing upon the career of Ms. Margaret Ann Hamilton Tunner, a member of the WASPs and the widow of Lt. Gen. William H. Tunner, the contributions of the WASPs during WWII were detailed and complex. Other interviews include former WASPs Ms. Ethel Finley and Ms. Scotty Gough, as well as WWII veterans Mr. Bill Voigt and Mr. George Schofield.



Gas 'n go

TYNDALL AIR FORCE BASE, Fla. (AETCNS) – Lt. Gen. John D. Hopper Jr., vice commander of Air Education and Training Command, simulates refueling the Wood Brothers' No. 21 Motorcraft and U.S. Air Force Ford Taurus during a pit stop competition here Jan. 12. The all-day event, which coincided with a visit by NASCAR driver Ricky Rudd and the Wood brothers, Eddie and Len, pitted nine teams including Headquarters AETC against the clock and each other to see who could perform the fastest pit stop. A team representing Tyndall's 1st Aircraft Maintenance Unit won with a 19.7-second stop.

Photo by Tech. Sgt. Dan Neely



Wayne State scores three in third for 3-2 win over AFA

Courtesy of the Air Force Academy

Wayne State scored three goals in the third period for a come-from-behind, 3-2 win over Air Force in a College Hockey America game Saturday, Jan. 10, at the Cadet Ice Arena.

Air Force had a 2-0 lead with 14 minutes remaining, but the Warriors scored three in a span of seven minutes. Air Force fell to 8-12-2 overall and 2-7-1 in the CHA. Wayne State snapped a four-game losing skid and improved to 6-12-2 overall and 2-6 in the league. Air Force held on to fourth place in the CHA while WSU moved into fifth.

"We let them hang around and we didn't put them away," head coach Frank Serratore said. "They were tired in the third period and we had more energy. But when they scored their first goal, they came to life. A two-goal lead is the most deceptive in hockey. If we get the next one then we probably put them away. Instead they scored it."

The Falcons scored once in the first period and once in the second period. Mike Knaeble gave the Falcons a 1-0 lead as he scored from Seth Pelletier and Shane Saum at 6:36 of the opening period. His shot came from the high slot and beat Marc Carlson high glove side. In the second period, Ryan Wiggins' fifth goal of the season gave the Falcons a two-goal lead. Wiggins scored from the right post on the power play from Spanky Leonard and Steve Mead.

Air Force was in control until midway through the third period. A goal by Billy Collins just after a Falcon power-play at 6:47 ignited the Warriors. WSU chipped the puck out of their own end and Collins was all alone at the Falcon blue line. He skated down the left wing and fired a shot that hit Mike Polidor in the pad and squirted through his legs. Wayne State continued to pressure the Falcons. After Nate Higgins won a faceoff, Ryan Wright tied the game with a one-timer at 12:12 of the third period. Just over a minute later, Jason Baglic scored the game winner from Aaron Hundt on a break-away at 13:52.

In the final minute, Polidor was pulled from the net and Air Force had several quality chances right in front of the Warrior net. Brandon Merkosky had two shots and Wiggins had one near the left post but Carlson made the stops.

Air Force outshot Wayne State, 36-31, in the game. The Falcons were 1-for-8 on the power play while the Warriors were 0-for-4. Polidor made 28 saves for the Falcons while Carlson made 34 for the Warriors.

"Until we start to score more goals, we aren't going to win a lot of games," Serratore said. "Mike Polidor has been very good for us this season, but he wasn't very good in the third period. But when we only score two goals a game, our goaltending has to be perfect. That is a lot of pressure. You get what you deserve sometimes. If you don't put people away when you have a chance, someone is going to take it from you."

The Falcons step out of conference play next week as the team travels to West Point to face Army in a two-game series. The teams play Friday and Saturday, Jan. 16-17. The faceoff Friday is at 8:05 p.m. EST while Saturday's game starts at 7:05 p.m. Last season, Army swept Air Force by identical 2-1 scores at the Cadet Ice Arena. However, AFA has won six straight at Army.

LOSS

Continued from Page 1B

to lead all scorers. Shawna Neff added 12 points and a team-high eight rebounds. Amoy Jackson and Andrea Taylor each had seven rebounds, but the Falcons were out-rebounded 45-31. The difference was Weber State's Julie Gjersten, who collected 14 boards and 17 points for the double-double. Despite shooting just 23.1 percent from the field, the Falcons finished the game shooting 38.2 percent (21-55). They had a season-low 15 turnovers in the game.

The Falcons will begin conference play on Saturday (Jan. 17), as they host Mountain West opponent New Mexico. The Lobos have defeated the Falcons the last 12 times the teams have met.

Want to quit smoking?  
Check out the smoking  
cessation classes at the  
health and wellness center.  
For dates and times,  
call 6-4292.



Sgt. Dremiel Byers throws All-Army teammate Spc. Paul Devlin in the semifinals of the 2003 U.S. National Wrestling Championships.

Soldiers highlight year of Army sports

Courtesy of Army News Service



Capt. Anita Allen, a member of the U.S. Army World Class Athlete Program from Star City, Ind., finishes second in equestrian riding aboard Carmia en route to winning the women's modern pentathlon in the 2003 Pan American Games at Santo Domingo, Dominican Republic.

ALEXANDRIA, Va. — Staff Sgt. Basheer Abdullah was selected to coach Team USA's boxers in the 2004 Olympic Games, Staff Sgt. Shon Lewis will coach the Greco-Roman wrestlers, and Capt. Anita Allen clinched a modern pentathlon spot to highlight a productive year of Army sports.

Several Soldiers, most members of the U.S. Army World Class Athlete Program, still have opportunities to qualify for the U.S. Olympic Trials and join them in Athens, Greece.

"I couldn't ask for a better way to go out, and I thank the Army dearly for providing this opportunity for me to be a Soldier-athlete," said Abdullah, who plans to retire from the military this year. "I've reached the highest level in amateur boxing. What greater opportunity can an individual amateur athlete have than to take part in the Olympic Games? It's an honor."

Lewis, a four-time national champion and 13-time Armed Forces champion on the mats, echoed that sentiment.

"It is a great honor to be recommended to be on the staff to take our nation's best athletes to the Athens Games," said Lewis, who evolved as a Soldier-athlete into head coach of the Army's WCAP wrestlers and led them to three consecutive national team titles. "It is with pride that we work to help develop young athletes to win medals and pursue their goals."

Allen secured an Olympic berth in August by winning the women's modern pentathlon in Pan American Games XIV at Santo Domingo, Dominican Republic.

"I can't thank WCAP enough," said Allen, a member of the medical service corps. "They're the ones who found me and introduced me to the sport. They made my dreams come true."

Seven Soldiers have qualified for the 2004 U.S. Olympic Boxing Team Trials, scheduled for Feb. 16 to 21 at Tunica, Miss. Staff Sgt. DeAndrey Abron (178 pounds) and Spc. Clarence Joseph (165 pounds) qualified by winning gold medals May 31 in the 2003 Golden Gloves National Tournament of Champions at Las Vegas. Spc. Edward Joseph earned a berth by winning the 152-pound division of the 29th annual National Police Athletic League Boxing Championships Sept. 27 at Toledo, Ohio.

Staff Sgt. Torrence Daniels (119 pounds), Spc. Keith Mason (141 pounds), 2nd Lt. Boyd Melson (152 pounds) and Staff Sgt. Charles Leverette (201 pounds) qualified by winning their divisions Dec. 11 in the 2004 Armed Forces Boxing Championships at Camp Lejeune, N.C.



# Fit to Fight

## *Losing weight takes time, dedication, patience to succeed*

By Amn David Johnson  
*Sheppard physical trainer*

The New Year is here and the most common resolution is “I’m going to lose weight.” Some people have already broke that resolution, but there is no need to panic. Your goal can still be accomplished because we still have 11 months, but don’t wait until the last minute.

Losing weight the right way takes time, dedication and commitment. Most people I meet outside of work can barely get through a normal day after putting in long hours at work and then taking care of everything that comes after work. Exercising may be the last thing on their mind.

I can assume that some people have tried nearly every diet, weight-loss programs and scams that promise quick and easy weight loss. But the fact of the matter is the foundation of every successful weight-loss program is still a healthy diet combined with exercise.

I’ve come up with 6 ways to help each and everyone of you accomplish your weight loss goals.

**Make the commitment**

Losing weight requires you give it all you got. No one else can make you lose weight, and it doesn’t just disappear. First, you must want to make diet and exercise changes to please yourself.

**Find a partner**

Only you can choose to lose the weight, but that doesn’t mean you have to do it alone. Seek support and motivation from a friend, spouse, boyfriend, girlfriend. If you don’t have anyone to help, I can. Be selective in who you choose. The person you choose should be able to listen to you, motivate you and encourage you.

**Be realistic with you goal**

Losing weight is a slow and steady process. You should aim to lose one or two pounds a week. Write your goals down and track your progress.

Don’t work too intensely because you might get burned out and give up or lose focus. Make “progress goals” such as eating right and exercising regularly, rather than “outcome goals.” Make sure your goals are realistic, specific and that you can measure up to them.

**Enjoy healthier foods**

Liquid meals, diet pills and unusual combinations of foods aren’t the key to long-term weight control. Learn about what you’re eating. Eating healthily will control calorie intake. But just because you decrease calories doesn’t mean you have to decrease taste, satisfaction or even meal preparation. A good way to lower your calorie intake is by eating more plant-based foods.

**Get active and stay active**

A lot of people don’t know that the number of calories you burn depends on the frequency, duration and intensity of your activities. One of the best and most effective ways to lose body fat is

through a steady aerobic class. Think about ways you can increase your physical activity throughout the day. Stair climbing, walking, gardening, lawn mowing or even housework all help to burn calories.

**Change you’re lifestyle**

You can eat healthy foods and exercise for a couple of weeks, but in order to lose weight, you have to incorporate these behaviors in your life.

In order to do that, you have to change the behaviors that made you overweight to begin with. Lifestyle changes start with taking an honest look at yourself and the things you’re doing. Ask yourself if you tend to eat when you’re bored, angry, tired, anxious, depressed or pressured. If these are triggers for you to overeat, try working on a strategy to gradually change your habits.

Keep in mind that you’re changing your lifestyle, and it won’t happen all at once. But stick to a healthy lifestyle and the results will be worth it.



Chief Master Sgt. of the Air Force Gerald R. Murray performs the push-up portion of his fitness evaluation. Chief Murray helped Air Force Chief of Staff Gen. John P. Jumper officially launch the new Air Force fitness standards Jan 7.

Photo by Master Sgt. Jim Vahogey

# Leaders do first official PT test

By Staff Sgt. C. Todd Lopez  
*Air Force Print News*

WASHINGTON — The Air Force’s most senior leaders, both officer and enlisted, completed their fitness evaluations Jan. 7 at the Bolling Air Force Base Wellness Center.

The group was among the first in the Air Force to have their physical fitness evaluated using the service’s new fitness standard. Under the standard, fitness evaluations now include body composition, strength and aerobic fitness measurements.

Nearly 60 Air Force general officers, led by Air Force Chief of Staff Gen. John P. Jumper, were evaluated. The chief master sergeants were evaluated later in the afternoon. While it is unusual for so many senior leaders to be together at once for a fitness evaluation, General Jumper said the gathering served a purpose.

“We want everybody to know that when I say commanders are responsible for fitness, it starts at the top,” said the general. “We have gotten all the Air Force leadership in the Washington area out at one time. Hopefully this demonstrates that leading from the top really means leading from the top.”

General Jumper said he expects com-

manders around the service to follow his example and to participate in leading their airmen toward a more fit force.

“I expect squadron commanders to be out in front of their squadrons, group commanders to be out in front of their groups, and wing commanders to be out in front of their wings as we go through this test cycle,” General Jumper said. “I expect the whole Air Force to test and I expect that we all are going to pass.”

The evaluations also represented the culmination of more than a year’s worth of work in developing a new fitness standard for the Air Force. The service had been using the same gauge of fitness — the cycle ergometry test — for more than a decade. The new evaluation is more fitting of the demands put on airmen in today’s expeditionary climate, General Jumper said.

“We are all over the world and in all sorts of climates,” General Jumper said. “If you talk to the combat controllers, who during Operation Enduring Freedom were up at the top of 14,000-foot mountains with 100 pounds of gear, it becomes quite evident we need to be fit — fit to fight is the term we use.”

Actually becoming fit to fight, and main-

taining that fitness, is a similar process regardless of where an airman is stationed in the world, said Chief Master Sgt. of the Air Force Gerald Murray before leading nearly 40 chiefs through warm-up exercises before their evaluation.

“Our efforts to develop a holistic approach to fitness — that includes aerobics, body composition and strength — has given us something that can be maintained anywhere we are,” Chief Murray said. “It is nice to have great gymnasiums and facilities and equipment, but we don’t need those to maintain our fitness. You can maintain fitness at deployed locations or at home.”

Chief Murray also said he is impressed with the fitness efforts already under way at Air Force installations around the force.

“I am extremely pleased with what is coming together here and with our Air Force, as we see the culture is already being changed,” Chief Murray said. “Wings are already out running together. That momentum will be important to us through this year as we evaluate the new standards, the way people approach them and the programs that are being developed to help us meet them.”

# Fitness pros get specialized training

By Wayne Amann  
*37th Services Marketing and Publicity*

The Air Force “fit to fight” commitment was reinforced command-wide during a week-long course at Lackland’s Health and Wellness Center taught by experts on living habits and health.

Thirty-three fitness professionals representing all Air Education and Training Command bases graduated Jan. 9 from the Physical Fitness Specialist Course given by instructors from the Cooper Institute, a nationally recognized organization specializing in preventative medicine research and education.

Cooper’s certification program enables military fitness instructors to train service members in physical activity and how to administer the annual physical fitness test, typically a 1.5 mile run, push-ups and sit-ups.

But, it doesn’t stop there.

“It’s not about the test. That’s just a barometer to measure how people stack up to the Air Force standard,” said Roger Reynolds, Cooper director of contract relations for education and certification. “Our goal is to help promote a healthy and physically active lifestyle in today’s military.”

Mr. Reynolds, a former wide receiver with the National Football League’s New York Giants in the mid-’60s, has been with Cooper for more than 20 years delivering fitness certification programs to all branches of the federal government, including all service branches.

The AETC group was schooled in coronary risk factors, medical assessments, exercise physiology, anatomy, strength training, nutrition, goal setting and leadership. This is the first course customized to meet the specific needs of Air Force fitness trainers.

“We’re not looking for them to just earn our certifications,” said Mr. Reynolds, who conducted the five-day curriculum with co-instructor John Poteet. “We’re here to help the Air Force provide excellent fitness leadership.”

The Cooper Institute interprets fit to fight as protecting yourself and others. That’s the approach it uses when working with law enforcement agencies to help them understand fitness as it relates to their job.

In the post-9/11 world, the job of military readiness is viewed as a necessary byproduct of physical training. Global deployments where GIs fight with little sleep and eat whatever’s available while battling oppressive weather conditions, make fit to fight much more than a catch phrase. It means mission accomplishment.

“You’ve got 60-thousand miles of blood vessels, 650 muscles, 206 bones and seven miles of nerves all connected by a powerful spirit,” Mr. Reynolds explained. “There’s one moment when you have to have the whole body and mind connect. We help people understand how critically important it is to perform when you have to.”

The current AETC class joins nearly 15,000 military fitness instructors Cooper professionals have taught during the last 10 years.

Call 761-5151 to place an ad in the *Senator*.

Call 6-1326 to submit a sports article.